



New staff member
Ashley Lang joins staff as new director of campus programming

4

Unsigned Artists
Amateur musicians showcase musical talents in Neumann

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100 WARTBURG BLVD., WAVERLY, IA 50677

Seniors still wary of job market despite college's placement rate

JIM KRAJEWSKI ASST. NEWS EDITOR
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Wartburg's job placement rate of 98 percent sounds impressive on paper, but it is not a guarantee that every graduate will find a job right after college.

One senior is still uneasy about going into a workforce he said is volatile at best.

Senior Tim Mattson said his resume is slightly out of date.

"By that I mean my GPA is still listed as what it was freshman year, which is probably for the best," Mattson said.

Mattson heard from Associate Director of Pathways Derek Solheim about the different career services the college offers.

Solheim said they try to teach students practical skills like resume building as well as how to conduct a lifelong vocational search.

He said a first job should be about practical experience or beginning a climb up a corporate ladder.

"Students look at their first job out of college as a huge changing point with a lot of meaning. It's an important step, but its importance is often overstated," Solheim said.

Solheim said the placement rate is calculated from a graduate status report. The career services offices contact alumni through social media or over the phone and find out where they work and what they're doing. This also helps the college build a network of alumni, which the college can use to place future students.

Mattson said he is confident in his job search with college resources at his back, but realizes the economy will likely be weak for some time after graduation.

"It feels like things haven't improved in years. I remember



Derek Solheim

Game benefits women's shelter

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Students, faculty and staff competed in a basketball game for charity at the Black Student Union's new Hoop for Hope event last Monday in Levick Arena.

The event raised \$360 for the House of Hope in Waterloo. House of Hope is a women's shelter for single and homeless mothers and their children, La'Kyiah Hart, president of BSU, said.

"We wanted to donate money to help them fund their shelter, because that can be very expensive," she said.

Hart said the original goal was to raise \$200 dollars. There was no fee to get into the game, so funds came from a free-will donation.

The idea for a staff and student basketball game came up last year, but there wasn't enough time and resources to make it happen, Hart said.

"This year we said we were going to make it happen, and then I said we need a slogan," Hart said.

They settled on Hoop for Hope and needed an organization to be the center of the event.

The group had volunteered



Director of Res Life Wes Brooks and admissions counselor Russell Harris mess with each other during a stoppage in the Hoop for Hope game on Jan. 23. — Oxana Protchenko/TRUMPET

with House of Hope in Waterloo previously, so Hart called and asked if BSU could use their name. The House of Hope staff was excited and immediately planned on attending the game, Hart said.

To get people signed up to play,

Hart sent messages to staff and faculty and dorm-stormed in an attempt to get students. Rev. Ramona Bouzard was one who signed on for the game.

"One fun part of the game was the students were really surprised that the staff and faculty

team could do as well as they did," Bouzard said.

She said many of the faculty members had experience with basketball and the game was quite exciting.

► THOSE BENEFITING—p.2

Future of hard copy books in bookstore uncertain

Growing prevalence of e-books, iPad technology will shape future of textbooks

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E-books may not be the main mode of student-gathered information now, but Apple predicts that in ten years, the story may be different.

Arlene Schwarzenbach, manager of the Bookstore, said a decade from now, she could very well see e-books being the main hub of information for students.

"Technology is always moving so fast, and people just adapt to that. I can see college campuses employing e-books a lot more in ten years," Schwarzenbach said.

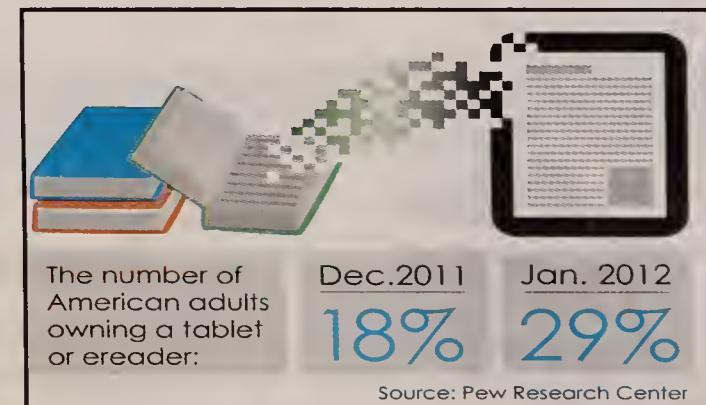
The saturation of e-books on Wartburg's campus today is slim, mostly taking the form of

individual students with e-readers or iPads.

"I use my 'Nook' to read a lot of public domain books on it for a few of my classes. Next semester, I will likely add more books on it for class than I have this semester," second year Serena Ugoretz said.

"I think e-versions will continually grow more popular among students, but I don't think they will entirely replace textbooks in the next ten years. There is still a lot of value to hard copy books."

With the increasing popularity of e-books throughout the nation, and with technology like iPads being introduced to younger students as in Waverly-Shell Rock Middle School, Schwarzenbach said she sees the trend becoming



Molly Anderson/TRUMPET

an impactful part of education.

"Right now we sell e-books only in the form of codes. We sell students a code that they then use online and access the workbooks

that way. The whole way we deal with things will have to change as e-books become more prevalent."

► STUDENT WOULD—p.2

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NEWS

Graduates need to be flexible and patient

◀ continued from p. 1

seeing reports about the economy tanking a few months after I came to Wartburg. I'll find something but it's not an ideal situation," Mattson said.

Solheim said there are plenty of jobs out there, but graduates have to be adaptable.

"Look at places like Williston, North Dakota. They have the lowest unemployment rate in the country and are constantly hiring due to an oil boom in the area. The economy has changed but it will reinvent itself over time and stabilize. In the meantime, you have to be willing to move," Solheim said.

The college also hosts career fairs, which Solheim said are invaluable in preparing for the job market.

He said they give you the chance to interact with companies, get your resume and tested and have a shot at a job after college. Like other jobs, Solheim said one has to be open to new ideas.

"There are agriculture companies that have large commercial divisions. Someone with a communication arts degree might figure an ag company has no place for them, but students have to be willing to put themselves out there and find out what people are looking for," Solheim said.

Student would like to see college embrace e-books

◀ continued from p. 1

Schwarzenbach said.

Ugoretz said she sees the likely decline of office libraries and those professional positions as a negative impact that textbooks turning digital could bring about.

"Since e-books are turning into a global trend for technology, I think it would be great if Wartburg would embrace the fact that many students are going for tablet readers because of their portable nature. I would like to see

more integration of tablet reader technology in the classroom then," Ugoretz said.

Schwarzenbach said that regardless of the future of textbooks, the bookstore will still offer students support.

"There wouldn't be much use for our textbook section if e-books took over, but I think the bookstore and the college would find ways to continue to aid students in their educational needs regardless," Schwarzenbach said.

Those benefiting from game could be your family or friends, student says

◀ continued from p. 1

It was a close game, but students ended up winning 69-68.

For the half time show, a woman from House of Hope came to speak, and the players did a "cleaned up version" of the Dougie dance, Bouzard said.

Hart said events like the

basketball game, and service in general, are extremely important. She said giving time is as important as giving money.

"This could be you. This could be somebody in your family. You should always help, no matter if it's the House of Hope or anyone in general," Hart said.

KRISTINE MILBRANDT STAFF WRITER
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The Wartburg Pathways Center is looking for new employees for the 2012-2013 academic year.



Jan Simpson

Math Lab tutors, College Achievement Program (CAP) mentors and Supplemental Instruction (SI) leaders.

Jan Simpson, office coordinator at Pathways, said Pathways is busier than when she started.

"I think more students are realizing it's for anyone who wants a little extra help with papers or

major decisions, or they're looking at grad schools."

Each position assists students with various aspects of their Wartburg life.

Pathways Peers aid students with decisions regarding their majors.

Those who work as WRLS consultants provide feedback to students seeking help with papers or speeches.

CAP mentors duties include assisting new students with the transition into college and helping them develop study habits.

Bibek Chand, a fourth year political science and international relations major and Pathways peer, said, "Working in Pathways leads to the personal growth of those who work at Pathways, as we have to interact with a diverse array of students coming for support for many different concerns."

Both Simpson and Chand said

not only does a position at the Pathways Center add to the appearance of a resume, but it also leaves its workers with valuable personal growth.

"A lot of kids who have worked here have discovered what they want to do by helping students figure out their majors," Simpson said.

Chand agreed that being an employee of the Pathways Center had aided him in several academic areas.

"As a Pathways Peer, I have learned the necessary skills for effectively communicating what I've learned through training at the beginning of the academic year and to be an active listener while working with patrons."

To apply for any of the positions open at Pathways for next year, log onto Knightlink and fill out an application to send to Jan Simpson by Feb. 1.

Board of Regents to meet in Denver

Board will use time to evaluate Wartburg West facility and discuss and set tuition costs for next academic year

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Wartburg will hold its annual winter meeting of the board of regents in Denver, Colo. after holding it on campus last year.

The meeting will be at Wartburg West so the board can learn about the program. Colson said the hope is for the regents to see how the college incorporates experiential learning into an urban context.

"This gives us the chance to actually put them face to face," Colson said. "They'll be visiting internship sites and talking to students about what they do on a day to day basis."

The Wartburg West facility will also be evaluated. Colson said the building has some deferred maintenance and the board needs to decide what to do with it. Colson said they are exploring several

options.

"We've been in on and off, informal discussions with a church out there about whether we could join forces and share some combined space," Colson said.

The winter meeting of the board of regents is the one that sets the tuition for the next year's school year.

"We have talked about tuition increase," Colson said. "We're not ready to make that announcement yet, but it will be soon."

The University of Northern Iowa announced its tuition for 2012-13 for in-state residents would be \$7,635 including all fees, an increase of 3.75 percent from this year.

If Wartburg were to follow the same increase, students would pay \$40,576 for next year's school year, an increase \$1,466 from this year.



From left: Zhijian Wang and Zena Zhang work the International Club table at the entrance to the Mensa as Euncho Kim enters his name to win a prize at the Chinese New Year dinner on Jan. 23. International Club hosts a Chinese New Year dinner every year for about 18 years to correspond with the start of the new calendar year in China. — Oxana Protchenko/TRUMPET

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OPINION & EDITORIAL

WHAT'S ON YOUR MIND:

Learning to love our bodies despite magazine models

ABBIE BAKER OP/ED EDITOR
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On Jan. 12 ABC News did a story on the shrinking plus size models, after PLUS model maga-

zine reported that a size six is now a plus size model. The story spoke about how most general models today would qualify as anorexic and how the models of the past were much closer to the average weight in the country.

The article also said that twenty years ago models weighed about eight percent less than the general population. Today models weigh on average 23 percent less. Just ten years ago a plus sized model ranged size 12 to 18.

While I'm all about the chunky girl power, I am concerned with the number of girls who are taking pride with their size and turning it into hate for girls of another size.

All this 'sizeism' is doing

is teaching skinny girls to be

ashamed of themselves the

way bigger girls are generally

targeted.

The problem is that unless we teach body love, no matter what the size, eating disorders and unhealthy weights, no matter what end of the scale, will continue to flourish.

Marilyn Monroe wasn't just sexy because of her figure, she was a sex symbol because she seemed to exude a love of herself.



Abbie Baker

Since the ABC piece ran I've seen a lot of pictures flooding my news feed about how pudge is much sexier than the super-skinny models of today.

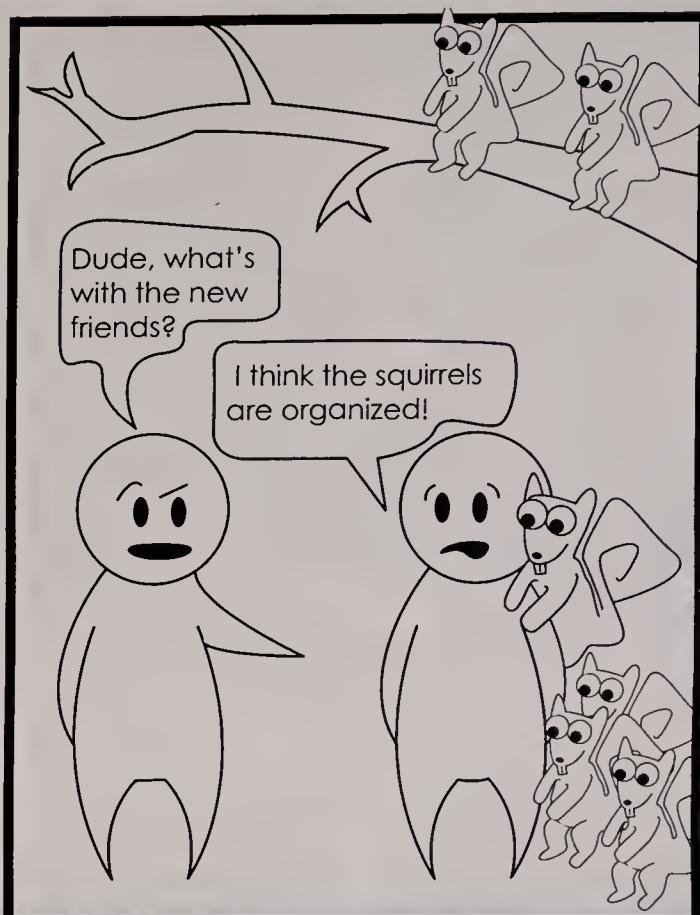
Women like Beyoncé and J-Lo are sexy because they rock self confidence, not a dress size.

It's time all women stood up for themselves and decided that, rather than fighting fire with fire, they learn to love themselves and be proud of it. Women need to learn to love their own body rather than feeling the need to put others down.

Once we can do that, we can take on the systems that fuel this fight of the sizes and work to make every girl feel beautiful.

When that happens, it will be easy for us to ignore the images we see in magazines and know that our own bodies are all beautiful.

With our self confidence in hand, it's easy to combat that negative image we're given about our bodies and eventually replace it with our own image of beauty. One that includes all sizes.

**I don't trust them beady little eyes.**

Molly Anderson

TRUMPET

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Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 250 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the communication arts office or emailed to trumpet@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.**WORD FROM THE WISE:**

Planning for success with marriage

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You might think marriage is passé but the turn out for "Preparing for Marriage" classes continues to be strong.

People come to explore what it looks like to build marriage relationships that will stand the test of time and help their love to grow over the years.

There's no foolproof formula, but there are important life-issues that all of us can be proactive about.

Speaking honestly, sharing



Ramona Bouzard

our hopes and dreams, exploring the families we came from and setting goals for personal growth don't always come naturally to us and yet they are essential if we're going to build a trusted life with another person.

Each year Spiritual Life and Campus Ministry offers a Preparing for Marriage group to give students an opportunity to explore their questions about how to deepen their relationships as they think about making a life-time commitment to another person.

Students laugh together, reflect on their values, explore their differences and dream about the future.

Speakers visit and talk about financial planning, family

planning and a panel of 'experts' share their marriage experience.

It's a great opportunity to gather wisdom from the community and enrich relationships.

Since we only have two sessions left in 2012, I invite students to keep it on your 'to do' list for 2013.

The Preparing for Marriage sessions are for single students, engaged folks and those who are dating and wanting to explore.

It might not even be a bad idea for people who are already married. I've been married forever and still I learn so much from the participants!

Choice Words

WARTBURG SOUNDS OFF

Dear girl stealing bottles from Knights Village recycling, You're stealing money from the school. Please stop.

—KV Creeper

Dear Wartburg, Giving us computers in these 'librarian sessions' won't help us follow along. It helps us ignore you and get on Facebook.

—Updating My Status

"If I had a nickel for every time I got a nickel, I'd have a lot of nickels."

—Overheard in the Mensa

Dear Senioritis,
Is it still considered procrastinating if it never gets done?
—Curse you!"Hold on, I have stroganoff on my fingers! I'll go wash it off in the drinking fountain."
—Overheard in the FACWhy are squirrels so scary?
—TerrifiedI think campus really needs to re-evaluate their no pets policy.
—In need of a puppy

Hearing dubstep on a McDonalds commercial is slightly more depressing than hearing it in the Foot. —You can't be cool and commercial

Dear big guys,
How do you manage to take up the entire hallway?
—Trying to get to class on time"Get that bic some ink, bic's love ink!"
—Overheard in the libraryWhat is a zig-a-zig-ahh?
—Still wondering...Dear Kdit,
Thank you for keeping me awake for 7:45
—Owe you for that oneTo whomever got Wartburg in College Town Life,
You're my hero.
—Impressed by your snow skillsPlease girls, find a new face instead of duck face.
—Why not Zoidberg?I'm personally not a fan of the 'snow sculpture' getting us fame...
—Trying to find a jobDear campus Whovians,
Can we set up a meeting time? I want a marathon now!
—Don't blinkIf you're going to constantly update Facebook about your cat, child or meals, I probably won't be friends with you much longer. My friends list is getting pretty long...
—Weeding out my friends listThank you Pinterest for helping me plan for a house I'll never be able to afford.
—Official addict"Alright who ate all of my chicken nuggets?"
—Overheard in the MensaI rewatched Anaconda earlier this week, we think Owen Wilson is bad now, but I just remember how bad he used to be... we could have it so much worse!
—Grateful for some growth

NEWS

New campus program director brings passion

HANNAH COX KNIGHTLIFE EDITOR
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When Ashley Lang finished her undergraduate program at UNI with a Bachelor's of Art degree in textiles and apparel and journalism she said she saw herself working at a fashion magazine.

She is now Wartburg's new director of campus programming where she began her position Jan. 16.

"It's a really strange time of year to hire for this kind of position usually they start in the summer so I found it and I was really excited," Lang said.

In college, Lang said she served as the Panhellenic President for UNI and when training the new Greek adviser she realized had a passion for this kind of work.

"At that point I realized you could do something like this as a career and that was really exciting for me," Lang said.

Lang said she was not ready to go back to school at this point and still had goals with her undergraduate degree.

While working for Macy's

headquarters Lang was also advising a sorority in Mankato, Minn. Lang said she really enjoyed working with the sorority and decided to go back to school.

"I knew this was something I enjoyed and I thought it was really cool that you could have a job like that but I never in a million years would have thought I would have finally done that," Lang said.

Lang's position includes working with ETK, being a resource for other student organizations and Orange EXCEL.

"I'm busy so I think that means I'm doing what I'm supposed to be doing at this point," Lang said.

Katie Braun, ETK vice president, said Lang is very fun and easy to work with and is always making sure she knows what is going on and if there's anything she can do to help.

"I've only been working with her for two weeks and we are already forming a great working relationship. She's also not afraid to ask questions and find answers which is really helpful when it comes to making things run smoothly," Braun said.



Ashley Lang worked at Iowa Wesleyan College before coming to Wartburg in mid-January. She has been working with ETK and other student organizations since she arrived. — Oxana Protchenko/TRUMPET

Ashley Lang Facts

Favorite Color: pink

Favorite foods: popcorn and chocolate

Hobbies: basketball, shopping, sorority coordinator for new member education for Gamma Phi Beta

Fun Fact: she designed merchandise that was sold in Macy's stores

Out of town professors face challenge of winter commute

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It was during winter last year that Brian Pfaltzgraff, assistant professor of music, had the longest drive of his life.

Pfaltzgraff was on his way to his home in Readlyn, about 13 miles east of Waverly on Highway 3, when he heard on the radio that

the road was closed because of the conditions.

"I couldn't turn around at that point because it would've been worse trying to get back to Waverly," Pfaltzgraff said.

The commute that took him 20 minutes normally took almost two hours.

"I just threw [my truck] into four-wheel drive and just crept along at about 4 miles per hour," Pfaltzgraff said. "It's not something I'm going to do to myself again."

Such are the dangers and decisions when there is inclement

weather that face professors and staff members that live outside of Waverly.

While students can walk to class from their dorms and professors and staff who live in Waverly face only a short drive when there is snow and ice, those members of the faculty and staff who live outside of Waverly must pay closer attention to the weather and road conditions.

Spanish instructor Zak Montgomery lives in Cedar Falls where his wife works at the University of Northern Iowa. He said having a longer commute forces him to examine how important his own safety is.

"I certainly have to think more closely about it than the people who live five minutes away or those who can walk here," Montgomery said. "I definitely don't feel like I would put myself in danger just to come to class. If conditions were bad enough I would stay home."

Some may ask why these professors just don't live in Waverly if the weather is such an issue. For Pfaltzgraff, it was the affordability of housing that drove he and his family to a smaller community outside of Waverly.

"We found that if we went to smaller community outside of town that we could get approximately 1000 square feet of house for about \$40,000 less than it would've cost in Waverly," he said.

Both Montgomery and Pfaltzgraff have cars with all-wheel drive, which helps, they said. When winter weather hits, they both have certain precautions they take before they head out on the road.

"The first thing that I'll do is check the Iowa DOT (Department of Transportation) website to see what they think Highway 3 will be like," Pfaltzgraff said.

He also said that he keeps his coveralls and blizzard jacket in the back

seat of his truck during the winter.

Montgomery uses his neighborhood streets as a test as to whether he'll make the drive to Waverly.

"If I can make it down my street, pretty much I'm coming to work, I'm coming to teach," Montgomery said. "I'm not an alarmist weather person. I take it seriously, but I don't overthink it."

He said he feels like he needs to be here for his students a lot more than just class time. Students depend on teachers in meetings, for advising and as a campus resource.

Both Pfaltzgraff and Montgomery have said they have had scary drives, and it's not something either of them looks forward to doing every winter.

"I decided in the future I'm just going to stay in Waverly," Pfaltzgraff said of his two-hour drive last winter. "It's not worth it. I felt like I took ten years off my life driving like that."

Nearly five hundred prospective students attend fall and winter scholarship days

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Wartburg hosted its annual scholarship days for prospective students to take in the campus and find out how much financial assistance they could receive from the college.

Possible incoming students had a chance to tour campus, attend a chapel service and have lunch with students, faculty and alumni. They are also presented with a medal praising their achievements from high school.

"It's a campus wide effort," said Todd Coleman, assistant vice president of admissions. "Admissions plans the entire day, but wouldn't be able to do it without the help of every single person on campus."

Coleman said in addition to the 470 students who have already attended the scholarship days, about another 100 students who aren't able to attend will also be able to write an essay and participate in an interview.

Prospective students have the opportunity to write an essay and go through an interview by admissions staff. These essays and interviews help determine the amount of money that students can receive for scholarships.

Grace Clark, the recorder for Ambassadors, also participates in the events during scholarship days.

"Scholarship days are a great time to get students on campus and show them all of the things that Wartburg has to offer," Clark said.

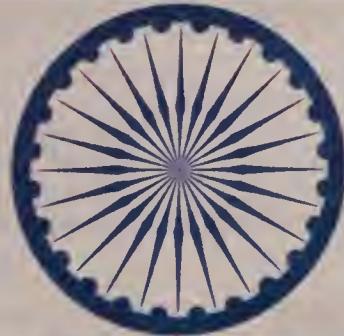
"The ambassadors are all great students who know the true value that Wartburg has to offer."

Of the students that attended scholarship days in 2011, 52 percent of them came to Wartburg according to a letter to alumni. Around 60 percent of this year's freshman class received Regents or Presidential Scholarships.

Students who are not directly involved with the scholarship days are still affected by it. Prospective students are given the Mensa and current students are forced to eat a replacement meal in the Den.

"Admissions appreciates the entire campus community and their involvement in Scholarship days. It's a group effort and we thank you for it," Coleman said.

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KNIGHTLIFE



(From left, clockwise): Emcee of this year's Battle of the Unsigned Artists, Jim Tavaré, shows his comical talents with his upright bass. Armand Piecuch plays guitar with his band, 46 Sticky Keys. Christopher Parson on a double-fret guitar joins band member, Piecuch. Brett Ubben of Feet to Fall Over sings while playing bass. —Oxana Protchenko / TRUMPET

Five bands battle it out for BOUA title

CHRIS KENINGER STAFF WRITER
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The crowd in Neumann Auditorium was treated to laughs and an array of bands Saturday night for the Battle of the Unsigned Artists, which annually appears on ETK's schedule.

"It was a success," Katie Aldrich an ETK organizer, said. "We had a really supportive crowd and a good emcee."

The event showcased five different bands and one comical host with a fair amount of fame, Jim Tavaré. He boasted of his appearance in "Harry Potter: The Prisoner of Azkaban" where he played Tom, the owner of the Leaky Cauldron, California and other various

other roles.

For the event, the Neumann Auditorium stage crew created a set design of televisions and monitors, which lined the front edge of the stage, on a closed circuit that flashed this year's logo and provided a countdown until the show started.

During the show some monitors displayed psychedelic graphics and others provided a live feed of the show on the screens.

Tavaré, dressed in a tuxedo and joined on stage by his upright bass, kicked off the show with a stand-up comedy act.

The bass served as fodder for his jokes as well as an instrument.

Tavaré then warmed up the crowd and introduced the first band

after explaining how the contest would proceed, the most important rule being that each band had to have a member who is a student at Wartburg.

Many Wartburg students displayed their talents playing the drums, guitar, keyboards, signing and even a little bit of "moshing" to fire up the audience, which Tavaré described as "overly self-conscious."

The five acts each played three songs. Some were originals and others covers of popular songs. For example, Feet to Fall Over had a rendition of "Joker and the Thief" by Wolfmother. 3rd Offense had their own take on "Whiskey in the Jar," a traditional Irish tune, and it was given new life through their guitar assault on the audience.

After each band had their turn wowing everyone, the ETK judges put it to the audience to choose a winner using their "crowd-o-meter" to measure which band received the loudest reception.

After a fan scream-off to decide between 3rd Offense and I'm Prettier Than You, 3rd Offense was chosen as the crowd's first choice.

The ETK staff then proceeded to list off their official selections.

Third place went to 3rd Offense and second went to I'm Prettier Than You.

First place went to Hunter Gray's solo act.

Hunter Gray, an 18-year-old solo act, first performed a song of his own, "If Hollywood Was Home," on the acoustic guitar. Gray said the

song is one of his own "nine or ten" that just came to him one night.

"Every once in a while I think about making it big and I wrote it all down," he said.

He also covered the familiar Mr. Big song "To Be With You" before switching to play his last song, "Rock 'n' Roll Forever," on the keyboard.

Gray, a freshman from Clarksville, has some experience playing in bands.

One of the bands, Chocolate Cracker, tours to county fairs and other venues during the summer, Gray said.

Gray can be seen playing his guitar and singing on campus again next week as part of the Meistersinger Worship Band.

Schwarzenbach to retire, reminisces about time at Wartburg



Arlene Schwarzenbach works the cash register in the bookstore. She is retiring at the end of the year. —Oxana Protchenko / TRUMPET

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After 27 years of building relationships with vendors, coworkers and students, Arlene Schwarzenbach is retiring from her position as bookstore manager.

Schwarzenbach has decided to retire due to the long hours.

"I love what I do, but it's too long of hours and I'm getting too tired and I don't recuperate fast enough," Schwarzenbach said.

Before coming to Wartburg on Aug. 1, 1985, Schwarzenbach was a stay-at-home mom. She had received an accounting degree from the MICPA at University of Northern Iowa previously.

When Schwarzenbach first came to Wartburg, she came to apply for a position different than the one she holds today.

"They had an accounting position open at Wartburg College, so I

came up to interview for that and it really wasn't one that I wanted. As I was leaving Ron Matthias asked if I would consider being the bookstore manager," Schwarzenbach said.

During the time she has worked here Schwarzenbach has made some lasting impressions on her student workers.

"She is really nice and very understanding if you have troubles. If you ask for help she is right there helping you," Katherine Kuennen said.

It is not just her student workers that will miss her. Schwarzenbach has also left impressions on her coworkers as well.

"My favorite memory with Arlene is break times. We sit and have coffee and good conversation," Mary Leisinger said.

Schwarzenbach has been at Wartburg for almost three decades, which comes with almost three decades worth of memories.

She said that she will miss seeing kids come back in the fall, alumni coming back for homecoming, developing relationships and much more.

However, there is one memory from the last 27 years that Schwarzenbach said was particularly important.

"My husband died in a private airplane crash in 1993. To see the Wartburg College bus filled with friends and colleagues come down to the funeral and the support that these friends lent me in trying to survive. That is a memory I will always treasure," Schwarzenbach said.

After she returns from a trip to Tanzania with the Wartburg Alumni Tour, Schwarzenbach plans on putting her feet up.

"I'm going to rest and refresh. Then we will see where the Lord leads me from there," Schwarzenbach said.

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KNIGHTLIFE

A day in the life: President Darrell Colson

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Darrell Colson had been on the road for more than 500 miles in California before his day was over two weeks ago.

Colson and his wife were visiting a man who graduated from Wartburg in 1942. They drove from San Francisco to Anaheim to thank the man in person for the contributions he has made to Wartburg over the years. "I'd never met him personally," Colson said. "I wanted to be sure he understood how much the college appreciates his support."

These "stewardship visits" are just one aspect of Colson's job as Wartburg's president. Colson said building and maintaining relationships with alumni is an important role for him.

"It's very important to be able to articulate to friends of the college and people we are cultivating to become friends of the college the important things the college is doing," Colson said.

Colson said he's responsible for maintaining relationships, supporting the people on campus and looking to the future.

He said former Wartburg president Robert Vogel has helped him with the balance.

"He said, 'each of the three things is a full-time job.' You just have to try and balance it out as best as you

can," Colson said.

When Colson isn't travelling to meet with alumni, board of regent members or attending professional conferences, he's holding meetings throughout the day with various campus officials.

Colson said a typical morning on campus begins with working out in "The W," eating breakfast and catching up on correspondence.

After that, Colson's working day is filled with appointments and in the evening he usually attends some sort of event, often a sporting event.

Colson served as an honorary coach for the women's basketball team when they faced the University of Dubuque in Levick Arena.

"I knew I was going to be in town that night," Colson said. "I didn't do a lot of coaching but it was fun sitting with them. I don't know that I'd be a very effective coach because I always sympathize with the players more than I want to chastise them."

Colson said he has several favorite memories that stand out from his time as president. He recalled watching students participate in co-curriculars and hosting a senior banquet where the students reminisced on their Wartburg experience.

He particularly remembers meeting the author of his favorite hymn, Herb Brokering, who wrote "Earth and All Stars."

"I got to spend time with him the week before he died," Colson said. "That was a wonderful memory. I don't know that I'll ever forget that."



President Colson

1 in 20

adults are
affected by

Seasonal Affective Disorder

Source: Molly Wertz



—Molly Anderson / TRUMPET

Students' moods change during colder months

Pathways offers help to students with recognizing the symptoms of Seasonal Affective Disorder and offer treatment

KELSEY BEMUS STAFF WRITER
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Although everyone may experience a case of the winter blues at some point, Counseling Services said these blues could actually be a sign of a more serious mental disease.

The disease is known as "Seasonal Affective Disorder."

Mental Health Counselor Molly Wertz said there multiple factors that could lead to students developing the disorder. These could also exacerbate already existing symptoms.

"It's cold, it's dark, you can't really get outside to do a lot of things," Wertz said.

SAD is caused by a disruption in an individual's melatonin levels due to a lack of sunlight in winter months.

It also develops from a decrease in the body's serotonin production.

Wertz said there are a few symptoms students typically notice when struggling with the mental disorder.

"It looks a lot like depression," she said. "Students experience overall low mood, different sleep patterns and different eating patterns."

Other symptoms of the disorder can include a loss of energy, increased stress and anxiety, loss of pleasurable activity or a feeling of hopelessness, she said.

"If you used to enjoy doing

something and suddenly don't, that would be a sign," Wertz said.

While about one in 20 American adults suffer from the disorder, Wertz said there are not many cases here on campus.

"We have had probably a handful of documented diagnoses," she said.

Although there are a low number of diagnosed cases, it does not mean students are not experiencing these symptoms.

Wertz said a student must experience the same symptoms for two consecutive years before they are diagnosed with the disorder.

Although anyone can develop the disorder, Wertz said it is possible that it occurs more in students not native to the colder Midwestern states.

"If we have students that come from areas where it's warm and they see the sun all year round, I would say they are more susceptible to experiencing those symptoms," Wertz said.

Drew Mades, a student from Huntsville, Ala., says he understands how the chilly weather is not an easy adjustment.

"I've slept a lot, taken a lot of naps," Mades said.

"It's become harder to wake up in the morning. I still haven't adjusted to that yet."

Cailee Whitefield, originally from San Antonio, also has been feeling the negative effects of an Iowa winter.

"I think that the cold weather

without snow is very depressing," Whitefield said. "When it's snowing outside I get this romantic feeling, but when it isn't, I just mope around and find things to be sad about."

Wertz said there are proactive ways to try and beat the symptoms of SAD.

Students can exercise throughout the cold months, spend more time outdoors, eat a healthy diet, drink plenty of water and try and get as much natural light as possible.

Students are also urged to talk through their symptoms with a friend.

"Just talk to people," Wertz said. "If you open up to people, you might find that somebody else is experiencing the same thing."

Above all, students are encouraged to visit Counseling Services, located in the Pathways Center in Vogel Library.

They can also call 319-352-8596 or email counseling@wartburg.edu to set up an appointment to see a counselor.

"We all have days like that where we're going to feel a lot of stress, where we aren't going to cope very well," Wertz said. "It's when it lasts for several days or maybe a couple of weeks that it's really important to get in and talk to somebody."

"There are things people can do to help themselves, so we just strongly encourage people to take initiative and to help themselves if they feel some of these symptoms."

KEEP UP TO DATE WITH STUDENT SENATE

Here Is What Happened At Our Last Meeting:

Student Senate executive elections are on Feb. 14th. If you are interested in running for an exec position, please fill out an application on the senate website under the downloads tab by Jan. 31.

The executive elections debate is on Tuesday, Feb. 7 at 7 p.m. in Buckmaster. Everyone is welcome!

Need money for college? Senate awards two \$500 scholarships to students who embody the Wartburg mission statement. Applications are due on Feb. 10th and are available on the senate website.

Remember that faculty, staff and advisor nominations are due on Wednesday, Feb. 1.

Our next meeting is Thursday, Feb. 2.

Meetings take place at 11:30 a.m. in Buckmaster

Everyone is welcome to join!

SPORTS

Men's basketball beat Luther, fall to BVU

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The Wartburg men's basketball team upset the rival Luther Norse by a final score of 62-53 in front of a season high 1,050 people.

After being tied at 12 early in the first half, Wartburg went on a 16-3 run to give themselves the biggest lead in the game at 13 with 6:24 left in the half.

The Norse battled back and cut the lead to 35-30 going into the halftime break.

Luther regained the lead in the second half as they went up 50-45 with just over 10 minutes left to play.

Jordan Sathoff hit four free throws to cut the lead to one followed by two free throws from Kirk Sidey to put the Knights ahead, 51-50, with three minutes to play.

Luther's Tim Merritt hit a three-pointer with 2:44 left to tie the game at 53 but on the very next possession, Thomas Perkins answered with a three to put Wartburg back in front.

The Knights would hit six free throws in a row and hold the Norse scoreless for the remainder of the game to come away with a 62-53 victory.

Wartburg had three players score in double figures, led by Sathoff's 18 points and eight

rebounds. Perkins had 12 points including two three-pointers while Mitchell Murphy contributed 10 points.

"It was good to see multiple guys in double figures. It takes some of the scoring pressure off of Jordan Sathoff. We did a great job of sharing the ball as a team and getting open looks," said assistant coach Jason Steege.

Luther was led by Dane Larson and John Androus who had 17 and 13 points respectively.

The Knights shot 42.3 percent from the field, 44.4 percent from beyond the arc and 66.7 percent from the free-throw line while the Norse shot 32.7, 26.3 and 53.8 percent in the same shooting categories.

"We were able to do a pretty good job defensively and make them take some tough shots. On the other side of things we felt like we rebounded the ball very well when they did miss shots," Steege said.

Wartburg improved to 9-11 overall and 3-5 in the IIAC, two games behind sixth-place Central for the final conference tournament spot.

Despite the loss, Luther still leads the IIAC with a 15-4 overall record and 9-2 conference record.

On Wednesday the Knights were also at home where they fell to the Buena Vista Beavers, 83-77.

Wartburg was led by Sathoff's 15 points while Murphy and Darian Patterson added 13 apiece.

Buena Vista had four players in double figures including Wes Nordquist with 20 points and Doug Bissen and Jeff Janssen who each had 17.

A three-pointer by Brandon Flenor tied the game at 34 going into halftime. Buena Vista jumped out to a 10 point lead in the second half which was cut to three at the 8:12 mark.

The Beavers went back up by 10 and would leave Levick Arena with a six point victory.

Buena Vista outrebounded the Knights, 38-25 and also outshot the Knights at 57.9 percent compared to Wartburg's 48.3 percent.

The Knights have five games remaining, three of which are on the road, to attempt to make up a two game deficit in the conference standings and qualify for the conference tournament.

Steege said the team needs to focus on every possession and play hard for all 40 minutes in their remaining games.

"We feel like if we do that we're going to give ourselves a good chance to win," Steege said.

The Knights will be in action just one time this week when they travel to Mount Vernon to take on Cornell (3-16, 1-9) on Wednesday at 8 p.m.



Wartburg's Brandon Flenor goes in for the layup in the upset victory over the first-place Luther Norse. — Sports Information

Women's basketball goes 2-0

JUSTIN SZYKOWNY STAFF WRITER
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The women's basketball team went undefeated this week against IIAC rival Luther and Buena Vista putting them only a half-game behind Coe in the standings.

The Knights were leading off "Beat Luther Week" playing the Norse first before the men's game.

The Knights led at half 47-28 after shooting 56.7 percent from the floor and 46.7 percent from beyond the three point line.

"Early on, we shared the ball really well," head coach Bob Amsberry said.

Senior Leslie Wilson led the squad with a career-high 25 points, and was 10-14 shooting and 5-6 from the free throw line.

Stephanie Reiter helped the three points stats by going 4-9 from beyond the arc. Terri Dirks scored 10 points for the night.

The Knights finished the game shooting 52.7 percent compared to Luthers 42.6 percent. They also force 21 turnovers and had 11 steals against the Norse.

The Knights carried their second-ranked defense in the conference into Levick Wednesday looking to bounce back against Buena Vista, from after a loss at Simpson last Saturday.

The Beavers cut the lead to nine 30 seconds into the second half, but the Knights didn't allow them to get any closer as they pulled away to give themselves a 16-point victory.

The Knights ended the game



Leslie Wilson takes the ball down the court for the Knights on Saturday against Luther. Wilson had 25 points in the win. — Sports Information

shooting a below season average 34 percent from the floor, and an above season average 41 percent from beyond the arc.

"We defended them really well. That was the difference in the game," Amsberry said.

Wilson, Dirks and Reiter each scored into double digits, with

Wilson earning her third double-double on the season in the 59-43 victory.

The 15-5 Knights only have one game this week, but will try to keep their momentum rolling against Cornell in Mt. Vernon Wednesday night. Tip-off is scheduled for 6 p.m.

Knights face Augsburg in a national dual rematch

◀ Continued from p. 8

The Knights started off the right way with a major decision at 125-pounds with Kenny Anderson defeating Jimmy Gotto, before the Knights dropped 133-pounds by an ultimate tiebreaker.

Kodie Silvestri put the Knights back in the lead by winning by major decision over Drew Hinschberger at 141-pounds, but the Ko-Hawks won the next two weight classes putting them ahead 9-8.

"Anytime you have a real hard nosed dual like that one there is obviously going to be a lot of emotion," co-head coach Eric Keller said. "After that match [133-pounds] the whole team [Coe] was going crazy, and there was a lot of emotion for them at that point, and Silvestri came out and took the wind out of their sails."

The Knights came back, winning the next four weight classes, including all-american Byron Tate winning at 197-pounds by a major decision giving the Knights at 21-9 lead.

Coe took the heavyweight match from the Knights, but it was too late to make a come back as the Knights grabbed the win 21-12.

"It was a good feeling knowing that 55, 74, 84, 97 and heavyweight are ready to go, and they're locked and loaded," Keller said.

To get to Coe the Knights had to wrestle No. 20 Dubuque, where the Knights won all the matches except 141-pounds, and swept Simpson to go undefeated.

The Knights will host No. 2 Augsburg for "The Battle of the Burbs." The Knights have faced the Augies once before this season, and defeated them 29-6 in the National Duals, but Keller said it is important to not dwell on the past.

"Honestly, forgetting we ever beat them the first time, that is the key," Keller said. "Because if our guys or us as coaches have that attitude that we've already beat them once, that will be a big mistake."

"The Battle" is on Thursday, and the first match will take place at 7:30 p.m.

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Men split conference games
The Knights upset rival Luther but fell to Buena Vista in a pair of home games

7

UPCOMING SCHEDULE

Wednesday	M/W Basketball @ Cornell
Thursday	Wrestling vs. Augsburg
Friday	M/W Track @ Wartburg Select
Saturday	M/W Track @ Wartburg Select
Sunday	M Tennis vs. Edgewood
	M Tennis vs. Central

Knights Track wins 17 events at home



Mike Koehler competes in the 4x200 meter relay Saturday afternoon in the field house. Koehler and his teammates placed second in this race, 1.1 seconds behind the winning team from Augustana. The No. 12 ranked men's team placed second overall in the meet and will host four other nationally ranked teams this weekend. — Oxana Protchenko/TRUMPET

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The No. 1 ranked Wartburg women's track and field team and No. 12 ranked men's team hosted the Wartburg Triangular on Saturday, competing against Grand View and Augustana.

The women were victorious in 14 events including Nevada Morrison winning individual titles in the 60 meter dash, 200 meter run and

being a part of the winning 4x400 meter relay team.

"Those were a little bit different events for her. She's more of a longer sprinter and those were shorter events," said assistant coach Steve Johnson. "It's kind of fun to get in and test herself and see where she is. She ran really well."

Camesha Goods took home the pentathlon title for the Knights, winning three of the five events.

Field event winners for the

Knights included Britlyn Sieck in the shot put, Kendra Kregel in the long jump and Mary Wrage in the high jump.

Other champions in running events for Wartburg included Goods in the 60 meter hurdles, Faith Burt in the 400 meter run, Kregel in the 600 meter run, Kaly Adkins in the 1000 meter run, Haddie Vawter in the mile and Laura Sigmund in the 3000 meters.

Wartburg's three 4x400 meter

relay teams took the top three spots in that race.

The men were led by Jonas Elusme who placed first in the high jump and the long jump. Dominique Neloms won the only other event in the meet for the Knights in the triple jump.

The Augustana men won the meet after winning a total of 10 events in the meet.

"A majority of the team did not run the events that they will be fo-

cusing on by the time we get to the conference meet," said Johnson.

Both track teams will be back in action at home this weekend when they host Central, St. Thomas, UW-Platteville and UW-LaCrosse at the Wartburg Select.

On the men's side, all five teams come into the meet nationally ranked. UW-LaCrosse is ranked No. 2, St. Thomas is No. 8, Central is No. 9, Wartburg is No. 12 and UW-Platteville is ranked No. 19.

Basketball host '86-87 Elite 8 team reunion

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In front of a Levick Arena crowd that was nearly at capacity, a group of former Knights were celebrated for their deep post-season run.

Twenty-five years after they had one of the most successful seasons in the history of the program, the 1986-87 basketball team returned to Wartburg to be honored.

Former head coach Buzz Levick coached the team to the Elite 8 of the Div. III tournament, where they lost to the eventual champion North Park.

"It was a special group of fellas that played on that team," Levick said. "It was great to have them back, and they all looked pretty good."

Levick said he remembered the team had a lot of chemistry and had

the ability to win close games.

"You could see the chemistry existed even after 25 years," Levick said. "After they'd been together five, ten minutes they were having a lot of fun reliving the old stories."

Wartburg won the West Regional after defeating Claremont-Mudd-Scripps in the opening round and Gustavus Adolphus in the Sweet 16. Wartburg was downed by North Park, playing the game on North Park's home floor.

Current assistant coach Jason Steege said the reunion team inspired the current Knights to its 62-53 win.

The 1986-87 team was honored at halftime during the men's game. Levick said he was impressed by the crowd at the game that helped spur the Knights to a win.



The 1986-87 Wartburg men's basketball team reunited Saturday. They are pictured above in the Hall of Fame room. — Sports Information

Wrestling wins IIAC duals, win streak at 158

DREW SHRADEL SPORTS EDITOR
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The No. 1 ranked Wartburg Knights wrestling team increased their conference dual win streak to 158 this weekend after winning the Iowa Conference Duals. Dylan Azinger

The last time the Knights lost a dual George H. W. Bush was handing over the presidency to Bill Clinton for his first term.

The Knight's statistically toughest match was their second match against No. 4 ranked Coe. KNIGHTS FACE ▶ p.7

